



## A COMP

Read the text below

Yoga, an ancient practice that originates from India, encompasses physical postures, breathing exercises, and meditation to harmonize the body, mind, and spirit. The word "yoga" itself means "to unite or join," reflecting its goal of achieving inner peace and balance.

One of the most recognizable aspects of yoga is its physical postures, known as asanas. These range from simple stretches to complex poses that build strength and flexibility. Regular practice of asanas can improve cardiovascular health, reduce stress, and enhance overall well-being. Beyond its physical benefits, yoga is also a practice of "pranayama," or breath control, which helps calm the mind and increase focus. Techniques like meditation and mindfulness are integral to yoga, allowing individuals to develop resilience against stress and anxiety. Regular yoga practice has been linked to improved mental health, including reduced symptoms of depression and anxiety. Meditation, an integral component of yoga, helps individuals develop resilience against stress and anxiety. Regular yoga practice has been linked to improved mental health, including reduced symptoms of depression and anxiety. Meditation, an integral component of yoga, helps individuals develop resilience against stress and anxiety. Regular yoga practice has been linked to improved mental health, including reduced symptoms of depression and anxiety.

Modern adaptations of yoga, such as Vinyasa and Hatha, have made the practice more accessible to a wider audience. While traditional yoga often includes spiritual and philosophical teachings, modern versions focus more on the physical and mental benefits. Despite these adaptations, the core principles of yoga remain the same: to unite the body, mind, and spirit.

Yoga's enduring appeal lies in its ability to provide a holistic approach to health and well-being. Whether seeking physical fitness, mental clarity, or spiritual growth, yoga offers a path to a more balanced and harmonious life. As the practice continues to evolve, its core values of unity and balance remain its foundation.

NAME: \_\_\_\_\_



CLASS: \_\_\_\_\_

## YOGA

### A COMPREHENSIVE OVERVIEW

#### READING COMPREHENSION



#### SECTION 1 - TRUE OR FALSE STATEMENTS

- >>> Yoga originated in India over 5,000 years ago. ☐ ☐
- >>> The word "yoga" comes from the Sanskrit word meaning "separate." ☐ ☐
- >>> Physical postures in yoga are known as "asanas." ☐ ☐
- >>> Regular practice of asanas can only improve flexibility, not strength. ☐ ☐
- >>> Pranayama, or breath control, is a practice that helps reduce stress. ☐ ☐
- >>> Yoga has no impact on cardiovascular health. ☐ ☐
- >>> Meditation is not a component of yoga. ☐ ☐
- >>> The ethical guidelines in yoga include principles like non-violence and truthfulness. ☐ ☐
- >>> The ultimate goal of yoga is achieving a state called "samadhi." ☐ ☐

#### SECTION 2 - SHORT ANSWER QUESTIONS

- >>> How does the practice of pranayama contribute to mental clarity and focus?

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- >>> In what ways can yoga support cardiovascular health?

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- >>> What are some modern adaptations of yoga, and how have they made the practice more accessible?

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# Reading Comprehension Yoga For Beginners Usa

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